

# WHAT'S IN YOUR "GO BAG"?



- PERSONAL HYGIENE ITEMS (SOAP, SHAMPOO, DEODORANT)
- TOWEL AND WASHCLOTH
- BIBLE AND JOURNAL
- OUTFIT OF SCHOOL CLOTHES FOR ZOOM CLASS
- PAJAMAS & UNDERWEAR
- PAIR OF SHOES/FLIP FLOPS
- PHONE CHARGER
- TISSUES OR KLEENEX
- EXTRA FACE MASKS
- THERMOMETER
- NON-PERISHABLE SNACKS
- REEFILLABLE WATERBOTTLE
- COPY OF ID AND INSURANCE CARDS
- PRINTED CONTACT LIST WITH EMERGENCY CONTACT NUMBERS
- WHATEVER WILL HELP YOU RELAX

OPTIONAL: ROBE, PERSONAL BLANKET AND PILLOW, READING MATERIAL AND/OR JOURNAL.

**BEFORE LEAVING FOR QUARANTINE SPACES, BE SURE TO ADD THESE TO YOUR "GO BAG":**

- ID, INSURANCE CARD AND CREDIT CARD
- TWO-WEEK SUPPLY OF PERSONAL MEDICATIONS/PRESCRIPTIONS
- ALL SCHOOLWORK, BOOKS, AND SUPPLIES
- COMPUTER AND POWER CORD

**IF YOU HAVE A IF YOU HAVE SYMPTOMS INCLUDING:**

**A TEMP OF 100.4+  
SHORTNESS OF BREATH OR  
DIFFICULTY BREATHING  
NEW LOSS OF TASTE OR SMELL  
VOMITING AND DIARRHEA  
KNOWN OR SUSPECTED EXPOSURE  
TO COVID-19**

**RETURN TO YOUR ROOM, GRAB YOUR "GO BAG," AND CONTACT YOUR RA IMMEDIATELY.**